

# Misc.

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# Smoothies

## Fruit/yogurt:

- handful of frozen pineapple, peach, berries
- Yogurt plain
- Banana

## Veggie:

- Tomato
- Celery/carrot (optional)
- Kale (fibre, magnesium)
- Flax (fibre, omega 3)
- Avocado (monounsaturated fat)
- Apple (flavonoids)
- Banana (potassium)

## 2026 Veg-Fruit Combo

- Tomato
- Spinach
- Bananas
- Frozen fruit
- Avocado
- Apple
- Water

# Pressure Cooker: Fish & Rice

- 1 cup water
- 1 cup rice
- Vegetables beside rice (frozen peas, etc)
- Frozen fish ontop
- Pressure cook for 12 min